Kentucky School of Alcohol and Drug Studies

Presents

Gender Issues In Addictions Treatment

Presenter

Mark Sanders, LCSW, CADC

PTSD vs. Complex Trauma

with complex trauma exposure to a specific traumatic even is not required

Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences

- Neglect
- Abandonment
- Multiple placements
- Parental substance abuse
- Adult emotional unavailability
- Multiple losses
- Exposure to domestic violence
- Abuse

Most Common Symptoms of Complex Trauma

	Difficulty regulating emotions	65%
	Difficulty with impulse control	63%
•	Negative self-image (eating disorder)	62%
•	Difficulty concentrating (ADHD)	60%
•	Aggression (Conduct Disorder)	56%
•	PTSD 1	12%
•	Substance Abuse	10%

Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

Discovered A Strong Correlation Between Early Childhood Trauma and Physical and Mental Illness in Adulthood

ACE Study

<u>Directions</u> – For each "yes" answer, give yourself one point. For each "no" answer, give yourself zero points.

When you were growing up in your household, before age 18, did you have any of the following experiences?

- 1. Often had a parent or someone else in the household who swore at you, yelled at you, and sometimes, or often, acted in a way that made you believe you might be physically hurt. ____
- 2. Sometimes, often, or very often, were you pushed, grabbed, slapped, or had something thrown at you, or hit so hard that you had marks or were injured?____

ACE Study Continued

- 3. An adult or person at least five years older ever touched you or fondled you in a sexual way, had you touch their body in a sexual way, attempted oral, anal, or vaginal intercourse with you or actually had oral, anal, or vaginal intercourse with you. ____
- 4. Were you ever mad to feel unloved, unprotected, and not special in your home?____
- 5. Were there times when you did not have food, clean clothes, and a place to live? If you were sick, were there times when an adult did not take care of you consistently? ____

ACE Study Continued

- 6. Did you ever witness your mother or stepmother get pushed, grabbed, slapped, hit, or have something thrown at her?____
- 7. Was there anyone in your household who was a problem drinker, alcoholic, or who used street drugs?
- 8. Did you live with a household member who was depressed, mentally ill, or attempted suicide? _____
- 9. Were your parents ever separated or divorced?_____
- 10. Did you ever have a household member who went to prison?____

Reality

"Where there is trauma in the family there is usually a conspiracy of silence. Everyone has to honor the 'no talk' rule. These Dark Secrets if internalized can lead to physical and mental health problems."

Judith Herrmann

Good Family Secrets

Santa Claus

The tooth fairy

Surprise birthday party

How you feel about people as people

Dark Secrets

Level I Dark Secrets

Phobias

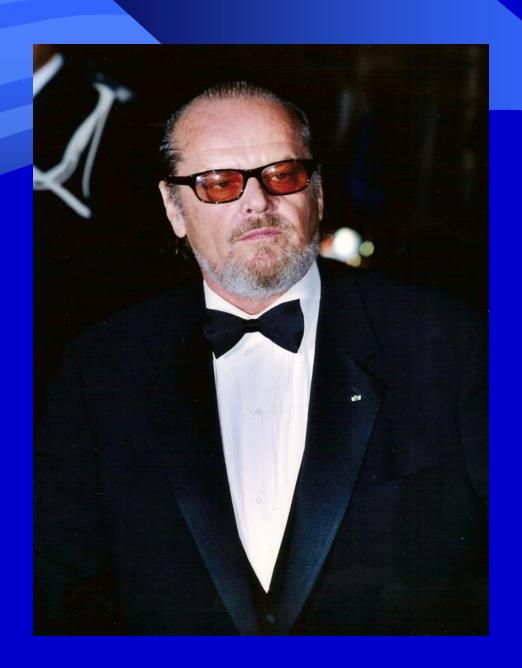
The intimate details of an affair

Level II Dark Secrets

Your real ethnicity

Adoption status

Who your parents really are



Secrets Theory

Everyone in the family knows the secret.

They will repeat the secret across

generations until the secret is openly

dealt with.

Source: Family Secrets

Level III Dark Secrets

Addictions

Living with addictions

Level IV Dark Secrets

These secrets cause the most damage if not discussed

- Incest
- Childhood sexual abuse
- Sexual assault
- Torture
- Witnessing extreme violence
- "The secret that you only tell once"

Follow-up Research on the ACE Study

Year

2010

 link between lung cancer and childhood trauma

2009

- link between childhood trauma and premature death
- prescription drug abuse

Follow-up Studies Continued

2008

 pulmonary disease and childhood trauma

2007

mental illness in adulthood

cigarette smoking

2006

early alcohol and drug use

2005

homelessness in adulthood

Follow-up Studies Continued

2004

- depression in adulthood
- liver disease
- heart disease
- teen pregnancy

2003

- illicit drug use
- mental illness

Follow-up Studies Continued

2002

 alcoholism and depression in adulthood

2001

 suicide attempts and risky sexual behavior

2000

 HIV and other sexually transmitted diseases

Iceberg Model

Addiction

Co-dependence

Toxic Shame



Abandonment/Trauma

John Freil

Guilt vs. Shame

<u>Guilt</u>

Behavior

"I've done wrong"

- "I've done bad"
- "I made a mistake"

Shame

- Your being
- "There is something wrong with me"
- "I am bad"
- "I am a mistake"

Shame

The belief that I am unlovable and unworthly of belonging.

Bryne Brown, Ph. D.

Iceberg Model

Addiction

Co-dependence

Toxic Shame



Abandonment/Trauma

John Freil

Co-dependence

An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel



Marilyn Monroe



Billie Holiday

Iceberg Model

Addiction

Co-dependence

Toxic Shame



Abandonment/Trauma

John Freil

Cycle of Domestic Violence Lenora Walker, Ph.D.

Buildup	Violence	Honeymoon
9		
8		
7		
6		
5		
4		
3		
2		
1		

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